

**This Sunday August 1 at 10:30 a.m. and next Sunday,
August 8**

**The Power of Will, Part 1:
'From Want to Will'
with Rev. Ogun Holder**

[Click here](#) to join service.

Meeting ID: 812 3872 1184 Passcode: 368172

[Click here](#) for phone-in instructions.

Some consider calming the storm to be one of Jesus' greatest miracles. Perhaps the true miracle was that he was asleep on the boat during the storm in the first place! Over the first two weeks of August, we'll explore how the Power of Will can not only bring us to an inner peace that passes understanding, but now we can also live from that peace to create a World of Wonder around us.



Rev. Ogun Holder is an ordained Unity Minister, a certified Spiritual Coach, a WEPSS Certified Enneagram Instructor, and co-founder of project SANCTUS: a safe, brave, online space to discover and be our Holiest self, and in so doing co-create a world of equanimity, justice and love for all. He is an author (*Rants To Revelations: Unabashedly Honest Reflections on Life, Spirituality, and the Meaning of God*), a podcaster (Pub Theology Live; The Evolving Enneagram Interspiritual Podcast), and he also served as a music and choir director in multiple spiritual communities. Learn more about Ogun at revogunholder.com and projectsanctus.com

**The USCO Prayer Team is grateful to offer
one-on-one affirmative prayer before
Sunday Service.**

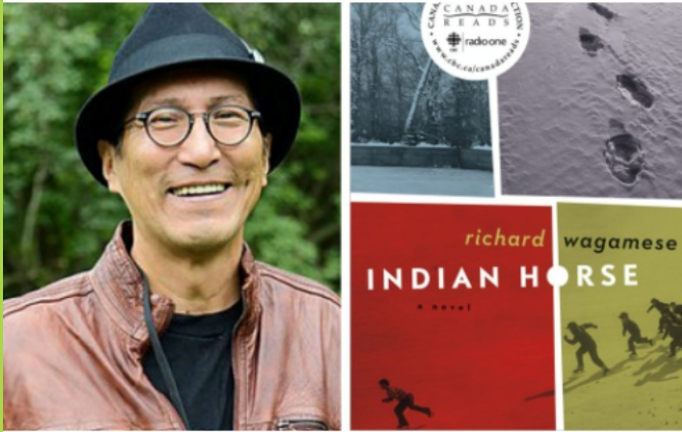
Affirmative prayer is foundational to Unity. *Affirmative* means agreeing with a statement,

being supportive, hopeful, or encouraging. Through our prayers, we affirm the truth of our spiritual nature as divine beings having a human experience.

[Click here](#) to join with the Prayer Partner from 9:45 to 10:15 am. You will benefit from the gift of private, affirmative prayer, a helpful reminder of spiritual principle. The Prayer Partner will receive you from the Zoom Waiting Room at her earliest convenience as she may be praying with another congregant when you arrive.



Indian Horse by Richard Wagamese



Join us to discuss the first book we will be studying in the Bridging the Divide Book Club!

Saul Indian Horse, a young Ojibway from proud northern Canadian clans, has a tormented past that includes being kidnapped and taken to a residential school where nuns and priests cruelly punished the children in the name of Christianity.

A young priest recognizes Saul's gift for hockey, but despite unimaginable success in the sport, deep-rooted demons grip Saul, resulting in blinding rages fuelled by alcohol. His painful journey to inner peace takes him to the depths of despair and near death.

This book, selected for the 2013 Canada Reads contest, is a stunning, gritty story of survival and resilience that unfolds with genuine raw emotion on every page. A must read.

August 12 & 26 and Sept 9 from 12:00 to 1:30 p.m.
Click [here](#) for Zoom link.



USCO will be having a special screening of the delightful family film "Lilly's

Light" on Mon Aug 23 starting at 6:30 p.m. Watch with your children, grandchildren and/or your child within! \$20 per screen. All proceeds to USCO. To see the trailer [click here](#)

After the movie, which runs just over an hour, creator/writer/actress Sherry Hursey will join for Q&A. Currently Music Director at Unity of the Oaks in California, Sherry had a recurring role in the t.v. sitcom Home Improvement for many years. She also created the foundation, "Lilly's Fostering Hearts" a non-profit organization advocating for children in foster care. She will be providing the Sunday lesson and music at USCO on Sunday August 15.



Prayer is what centres us, strengthens us, and gives us peace. Affirmative prayer has the power to transform our lives. And prayer has always been at the heart of Unity.

We invite you to watch the video and find out more at unity.org/wdop

And we affirm "No matter the circumstances, all is well with my soul."

Prayer Requests

USCO's Prayer Partners, trained in affirmative prayer, are on duty during the week if you want prayer.

Please email the office, officeunityottawa@yahoo.ca, to request a prayer. The Prayer Partner on duty will get back to you by telephone to arrange a time to pray with you.





How you can give:

1. Tithe.ly app, search for Unity Church of Ottawa and follow prompts
2. Donate at www.unityottawa.org
3. E-transfer to officeunityottawa@yahoo.ca
4. Mail a cheque to:

Unity Spiritual Centre Ottawa
Box 21587, 3080 Carling Avenue
Ottawa, ON K2B 0A3

Thank you for your generosity!

Unity Spiritual Centre Ottawa is very grateful for the contribution of all of our sacred servers and staff.

Upcoming Sunday Services (all on Zoom)

August 1: (Unity Kitchener joins us)

The Power of Will, Part 1: From Want to Will with Rev. Ogun Holder

August 8: (we join Unity Kitchener)

The Power of Will, Part 2: From Will to WOW with Rev. Ogun Holder

August 15:

In Our Darkest Night, There Is A Spark of Light! with Rev. Sherry Hursey
